

Pathwork on

Patience Required in Transforming Lower Self

Quote from Pathwork Lecture 31 – Shame. It shows the **long time, patience and humility** required for true transformation of entrenched and stubborn Lower Self faults that block the emanations from our Higher Self.

20	<p>The moment you do not wish to appear better or more than you are, even in your own eyes, you will have taken yourself down from the high place in which you have put yourself. You can start rebuilding only after you have torn down the false edifice. If you have the courage to stumble a thousand times over the same faults and forever lift yourself up to try again, then you pay God the debt you owe Him; then you are worthy of His grace; then you are truly on the path. Then you rid yourself of pride and falsity long before you are perfect in all the details of your personality. Thus you approach perfection much faster than you think, in spite of some of your stubborn shortcomings that linger on. In that way you must win. But if every time after having stumbled again over the same fault you become so despondent that you despair of yourself, wishing to give up, and you consider self-acceptance to be senseless, then you have the destructive and weakening kind of shame, which will never get you anywhere. For as long as you despair so easily, there is too much pride in you, and then the healing, curative action of being able to observe your own weaknesses in the true light of what they are, neither exaggerating nor diminishing them, will not be able to affect your soul.</p>
21	<p>So, my friends, do not despair if you have no success for quite a while in overcoming your weaknesses. You may perhaps understand now that here you have a great curative agent for remedying something even more important than the actual weakness you are treating. You will learn the right kind of shame and self-acceptance, which brings humility, overcomes pride, and shows you how to live in your own reality. If you were soon very successful in overcoming your individual faults, it might make you even prouder, and pride is more harmful than many other faults. Apart from that, the faults you are battling against have been ingrained in you often for many incarnations, so you cannot expect to get rid of them within a few years. However, if you are capable of facing these weaknesses; if you meet them with open eyes and a healthy attitude and learn even while you are still stumbling over them; if you have the humility to face yourself knowing where you really belong -- not too low, nor too high -- then even though you are still imperfect, you are laying the foundation to a very healthy and normal inner attitude.</p>
22	<p>Think and meditate about this, my friends. It is not sufficient to just hear or read my words once, for that will not be the kind of spiritual food that helps you to discover where your feelings still deviate from the ideal state. Find the echo within you to direct you in your daily strivings and in your daily spiritual work. When you do that, you will be giving yourself the food your spirit needs.</p>